

The Science of Nutrition: Nutrition Research Updates









Riverside January 5, 2016 10:00am-12:00pm Fresno January 7, 2016 10:00am-12:00pm **San Jose January 21, 2016**10:00am-12:00pm

Davis February 9, 2016 10:00am-12:00pm

AGENDA

Overview

This training is presented by <u>Sheri Zidenberg-Cherr, PhD</u> and <u>Rachel Scherr, PhD</u> from the UC Davis Department of Nutrition and UC Davis Center for Nutrition in Schools.

Objectives - participants will be able to:

- Identify credible nutrition information and address current nutrition issues that may come up in classes.
- Utilize up-to-date research information on school-based nutrition interventions.

Who should attend?

This training is open to staff from all SNAP-Ed implementing agencies and subcontractors. It is also open to any interested community stakeholders and partners.

Agenda

10:00 am -12:00 pm

Part 1: Current Issues in Nutrition: Dr. Zidenberg-Cherr

- Organic & conventional produce
- High fructose corn syrup
- Gluten
- Coconut water
- Sodium
- Omega 3 Fatty Acids
- and more...

Part 2: School-Based Nutrition Interventions: Dr. Scherr

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.